

# 发热门诊患者的心理问题及护理措施

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【摘 要】：发热门诊的设立是 SARS 爆发后由相关医疗机构设立的。结合我国的相关需求，发热门诊的作用是对患有呼吸道疾病或发热症状的患者进行初步检查和治疗。为了找出哪些患者患有传染病，这项工作需要结合中国传染病的前置筛查和分诊过程。发现后，应及时进行治疗和隔离，以避免大规模传播。现阶段，我国传染病发病率较高，尤其是流感。该病在发热门诊的患者数量逐渐增加，且患者通常伴有较大的抵触心理。在此基础上，有必要全面理解患者的心理状况，并针对这些患者开展具体的干预措施，使其能纠正态度、配合治疗、主动配合治疗。因此，文章重点探讨了患者对药物的误解，并阐述了患者的心理状况及心理护理干预措施。主要目的是为相关患者的心理及护理措施提供一定的参考。

【关键词】：发热门诊；心理问题；护理措施

## Psychological Problems and Nursing Measures of Fever Outpatients

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**Abstract:** Fever clinic was established by relevant medical institutions after the outbreak of SARS. Combined with the relevant needs of our country, the role of fever clinic is to examine and treat patients with respiratory diseases or fever symptoms. In order to find out which patients have infectious diseases at the first time, this work needs to be carried out in combination with the pre inspection and triage process of infectious diseases in China. After discovery, treatment and isolation should be carried out in time to avoid large-scale transmission as far as possible. At this stage, there is a high incidence of infectious diseases in China, especially influenza disease. The number of patients with this disease is gradually increasing in the hospital fever clinic, and these fever patients are generally accompanied by great resistance. On this basis, it is necessary to comprehensively understand the psychological situation of patients in fever clinics, and carry out specific intervention countermeasures for these patients, so that they can correct their attitudes, deal with the disease, and actively cooperate with treatment. Therefore, the article focuses on the patients' misconceptions about drugs, and expounds the patients' psychological situation and psychological nursing intervention in the fever clinic. The main purpose is to provide some reference for the related patients' psychological and nursing measures.

**Keywords:** Fever clinic; Psychological problems; Nursing measures

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### 1 改善患者对药物的错误认知

发热门诊的患者对药物的认识往往存在误区，护理人员应耐心讲解药物的作用及副作用，帮助患者建立正确的用药观念。

发热门诊的患者往往存在较大的抵触心理，护理人员应主动与患者沟通，了解患者的心理状况，并给予适当的心理疏导。同时，应加强对患者的健康教育，提高患者的自我防护意识和能力。此外，还应加强与患者的沟通，建立良好的护患关系，提高患者的依从性。



